



Just between
You and me
Here is what's Special
As Special as can be.

“Mommy, Mommy,” calls six-year-old Sheila, running to her mother in the kitchen.

“Mommy, can I have a piece of Scotch tape?”

“Sure Sheila,” says Nancy, picking up the roll of tape and peeling off a piece and giving it to Sheila.

“Thanks Mommy,” says Sheila, taking the tape and running out of the kitchen.

Two minutes later—

“Mommy, Mommy can I have another piece of Scotch tape?” says Sheila running into the kitchen.

“OK,” says Nancy, giving Sheila another piece of tape like before.

Sheila again takes the tape and runs out of the room.

Two minutes later—

“Mommy, Mommy can I have another piece of Scotch tape?”

“Sheila,” says Nancy, “what’s this with the tape? What are you doing?”

“I’m keeping Special safe,” says Sheila.

“Special, safe?—your cat?”

“Yes,” says Sheila. “I don’t want anything to happen to my cat, Special.”

“Show me what you’re doing with the tape, Sheila.”

Nancy follows Sheila into the bedroom. Sheila shows her a dresser drawer taped up with two pieces of Scotch tape.

“What’s in the drawer?” asks Nancy, peeling off the tape and opening the drawer.

And in the drawer is Special, the cat!

“Oh you poor thing!” says Nancy, taking Special out of the drawer and putting her on the ground.

“Sheila, what were you doing with Special?”

“Mommy, I was hiding Special because I don’t want anyone to take her from me.”

“But why do you think anyone would take her, Sheila?”

“Because she is so special Mommy. She has extra toes on her feet. That’s why we named her Special.”

“Don’t worry Sheila. Nobody will take Special away from you.”

Swish! Swish! Swish!

“What’s that noise?” says Nancy, running out of the room and into the bathroom.

“Jimmy, what are you doing?” she says to four-year-old Jimmy.

“I don’t want this softball. So I tried to flush it down the toilet.”

“Now I have a mess to clean up. This place is a regular circus.”

Nancy starts cleaning up the mess.

Jimmy walks out of the bathroom and goes into the kitchen. He comes back into the bathroom while his mom is cleaning up the mess. He has an egg in his hand.

“Mommy can you make me this egg. I’m hungry.”

“Jimmy put that egg back. I have to clean this mess you made first,” yells Nancy.

Two minutes later Sheila comes into the bathroom.

“Mommy,” says Sheila. “Jimmy put the egg on the table. It rolled off the table onto the floor and broke. Now Special is eating it.”

“I don’t believe this,” says Nancy finishing up the cleaning.

“I’ll clean up the kitchen mess and then I’ll make you kids lunch.”

Well, that’s just what happened. Nancy cleaned up the mess and made the children almond butter and honey sandwiches on multigrain bread for lunch. Then Nancy sat down to have the same thing for lunch herself.

“Sheila,” says Nancy, glancing at Sheila’s plate. “You are eating too fast. You’re on the second half of your sandwich already. And what’s that funny look on your face?”

Then Nancy happens to look down. And there’s Special eating half a sandwich.

“I give up,” says Nancy. “You kids have minds of your own. And this is my day off. I can hardly wait to go back to work.”

“Mommy,” says Sheila. “When is my birthday party?”

“Sunday, in four days. And that is also exactly your birthday, Sunday.”

“And I’ll be seven years old.”

“Yes Sheila.”

“And the party will be at the Italian restaurant.”

“Yes Sheila.”

“And we’re taking Special with us.”

“No Sheila. Pets are not allowed in the restaurant.”

“Why not Mommy?”

“Because pets are not allowed in restaurants.”

“Why not?” asks Sheila.

“Because that is the law.”

“Why Mommy?”

“Sheila I cannot answer all your questions. But we will have a very nice time at your party. And we’ll have a beautiful birthday cake.”

“And we’ll bring a piece of cake back for Special, right Mommy?”

“OK Sheila. We will.”

A few days pass and Sunday arrives. And Sheila’s four girlfriends are over the house. Sheila’s dad, Gregg is also there.

“OK children,” says Gregg. “We’ll divide up and go to the restaurant in two cars.”

“Can I go in the same car with you Daddy?” says Jimmy.

“Of course Jimmy,” says Gregg.

“And Special,” says Sheila, “you be a good girl home alone and we’ll bring you a big piece of birthday cake.”

And off they go to the restaurant. They are seated at a table.

“Oh look at these pretty birthday hats,” says one of the girls. “Let’s put them on.”

And they do.

“Let’s play musical chairs,” says another girl.

“No, we can’t do that here,” says Nancy. “We’ll do that when we get back.

Meanwhile, let’s play a word game.” And so they do.

Soon comes pizza for lunch. Then comes the birthday cake and they all sing:

“Happy birthday to you

Happy birthday to you

Happy birthday dear Sheila

Happy birthday to you.”

Later they go back and play games until the girls are picked up.

“I’m seven years old. I’m seven years old,” Sheila keeps saying—but after giving Special a piece of cake.

That night Sheila is examining her birthday presents.

“Look at these pretty rings I got, Mommy and Daddy. I love them. I got ten of them. I can put a ring on each finger.”

“Yes Sheila,” says Gregg. “And they are elasticized so they all fit.”

“Yes they do,” says Sheila, putting on all ten of them. “They’re so pretty. I’m going to wear them every day—one on each finger.”

“I’m glad you are enjoying your presents,” says Nancy. “But now it’s getting late. Time to get ready for bed. You have school tomorrow morning.”

“OK Mommy. I’ll wear my rings to bed.”

“No, that’s not a good idea Sheila. They may fall off your fingers in bed and you may lose them.”

“Can I wear them in the shower?”

“Also not a good idea. You may lose them.”

“OK Mommy. I’ll put them on in the morning.”

“Good idea Sheila.”

And Sheila gets ready for bed.

The following Sunday—

The following Sunday Nancy, Gregg, Sheila and Jimmy are in the living room.

“I’ve got a surprise for you children,” says Nancy.

“Another birthday party?” says Sheila.

“No, but soon you children will have a baby sister.”

“Will she be special too?” asks Sheila.

“She will be very special,” answers Nancy.

“Will she have extra fingers like my special cat has extra toes? Then we can buy her extra rings—one for each finger.”

“Oh,” says Nancy with a perplexed look on her face. “Oh.”

PLAGUE

Why are you stuck

In a plague in the past?

Move on. Move on

Move on at last

You've come a long way

And you did it on your own

So stop looking back

To moan and moan and moan

Move on. Move on

Life can be a fling

Take one step after the other

It's all amazing.

NO MORE PLAGUE

I did it. I did it

The plague now is gone

And I am worth the adventure

To move on, move on, move on

The sun is shining

The air is fresh

And I'm going to have

Much happiness.

ACCOMPLISHMENTS

I give myself

Things to do

And if I don't accomplish them

I feel blue

What is this nonsense?

To myself I now say

Instead please accomplish

Peace and joy every day.

BURNOUT

Sometimes I feel burnout
From the things that I do
So I'll take some time off
From these things I pursue
That's what I'll do
That's what I'll do
Good for you
Good for you
And it works
It is true
And it works
It is true
Good for you
Good for you
And it works
It is true
And it works
It is true.

PEACE AND HAPPINESS

I feel so tired
Physically and in my head
I feel I need sleep
So go to bed. Go to bed
I'll go to bed and in bed
I may read. I may write
And then turn off the light
And sleep tight. And sleep tight
I may before sleeping
Hear music on my phone
And play "Words with Friends"
So I don't feel alone
And I have a lover
A lover so true
He is my greatest blessing
He and my daughter too
So I'll just take it easy
And not give myself stress
But give myself some leisure
Some peace and happiness.

PEACEFUL

It's winter
It's cold
To go out
You must be bold
And the night comes on fast
But these days and nights
Will not last
After the winter
We will have spring
When everything blossoms
And the birds fly and sing
But even in winter
It's calming—the snowfall
To sit inside by the window
And just watch it all—watch it all
Now I sit on my couch
My thoughts come and they go
And I feel very peaceful
Cause God's with me, I know.

AN INTERESTING LIFE

I am very happy now

Everything is fine

I have a lover and my daughter

They are both my bright sunshine

I have everything I truly want

Everything galore

But even with everything

I always want some more

Not more material things

I have all that I desire

But just to go on living

So my spirit rises higher

I love to learn and do more

To learn and to explore

It makes life so interesting

I needn't ask for more.

SLEEP SOUNDLY

Why be troubled
By events in the past?
Enjoy! Enjoy!
All's good now at last
And don't be confused
By what's false or what's true
Be true to yourself
The rest means little to you
Be true to yourself
You can dance and can sing
You can write and can paint
These things happiness will bring
So be happy. Be happy
Be happy at last
And don't be troubled
By events in the past
The past is gone
The future is ahead
So you now sleep soundly
When you go to bed.

GLAD

Hey! Hey! What do you say?

My name's Kate

My name's Ray

Hey Kate!

What do you want to do?

Do you want to be my Buddy

This whole life through?

Hey Ray!

That would be fine

I'll be your Buddy

You'll be my Sunshine

Hey Kate!

You'll be my own

For who would want to navigate

This dreary world alone?!

So Kate and Ray

Are now Buddies true

And each other's Sunshine

So neither of them feel blue

Neither of them feel blue

Neither of them feel sad

They each belong to each other

And each of them are glad.

MY SOUL

I look into my soul

What do I see?

I see a light glowing

Glowing in me

The light is the purest

As pure as can be

But it shines on the dust

The dust inside me

Don't look at the dust

Look up at the light

Look it shines too

On what's pure and what's right

I won't let past wrongs

Define whom I'll be

I'll shine the pure light

On the best inside me.

DEARLY

I love you dearly

You are to me

Everything soft

Soft and cuddly

A true friend

Who listens to me

When I need comfort

And compatibility

I hope that I

Can also be

To you, everything

You are to me.

STAYCATION

Feeling kind of tired

And mentally too

My brain needs a vacation

A staycation is what I do

I love where I am living

So that part is OK

But my brain needs a rest

A rest from work and from play

So I sit in my restful recliner

At night and during the day

And just sit and dream and dream

And pass the time away

Sometimes I write my poetry

My brain says that's OK

But sometimes I just sit dreaming

And dream the time away

And after this staycation

I'll do what I normally do

Six days a week I'll be busy

Busy the whole day through

But on Shabbat I'll be resting

I must rest I say with a sigh

Yes, on Shabbat I'll be resting

If God can rest, so can I.

LOVING KINDNESS

Here I am resting
Day after day
I'm at home or at Temple
And there I shall pray
We must love our neighbor
With his flaws, it is true
But besides our neighbor
We must love ourself too
We must love ourself
Above many things
Although we've done things not perfect
And we don't have angel wings
We can't change the past
But we can start today
To pave a new path
And then be on our way
We'll be on our way
To live a life that is blessed
For us and for all
And pray for loving kindness.

MY FRIENDS

My friends have been

A blessing to me

They got me through tough times

When that was all I could see

And one special friend

Is as close as can be

He and my daughter

Mean so much to me.

NEW YEAR'S

The end of the year

Is coming on fast

Soon it will be New Year's

New Year's Day at last

My New Year's resolution

Is always the same

It is "Have Fun"

That's the name of the game.

MISERY

We are so troubled

By the violence we see

The pain and the sorrow

And the misery

But we must move forward

And carry on

When will it end?

When we are gone.

EACH DAY

There would be

Peace in the world

If each day

We all would say

“I’ll be good, I’ll be honest

Just for one more day.”

THE QUIET

The quiet and peace

Embrace me

And I converse

Between me and me

I collect my thoughts

And feelings too

And I speak with me

The way I speak with you

This aura is holy

It's where no one has trod

And now is my chance

To converse with God.

BECAUSE

I admire you so

And you push me away

I work very hard

And you have nothing to say

But I have my dreams

Although you don't care

And I will come out ahead

Because I refuse to despair.

FACETS

There are so many facets

Of whom I be

And each glistening facet

Is uniquely me

They reflect the days

If my life so far

Do the facets of you

Tell whom you are?

FORGIVE

I must forgive others
For my own peace of mind
That's the way I achieve
This peace that I find
And I must forgive others
To save my own soul
Otherwise I will be
Half and not whole
So I will forgive them
And go on my merry way
But in the dark and in bed
My thoughts to me say
They don't deserve my forgiveness
But forgive them I must
And I comfort myself
That in God I will trust.

SLEEP

It's the end of the day

And time now to sleep

Put away thoughts

Of how you compete

Put away plans

Of achieving your goal

It's time now to sleep

And to make your life whole.